

Quinoa Cauliflower Tacos

Yield: 4 min
Total Time: 35 min

Recipe from: <https://www.recipeschoose.com/recipes/quinoa-veggie-mexican-recipe>

Ingredients:

- 1/3 cup quinoa uncooked
- 2/3 cup water plain
- 1/4 cup avocado oil
- 1 onion chopped
- 2 cups cauliflower rice fresh or frozen
- 2 teaspoons paprika
- 1 teaspoon ground cumin
- 1 teaspoon dried oregano
- 1/2 teaspoon garlic powder
- 1/2 teaspoon salt to taste
- 1 pinch pepper to taste
- 1 tablespoon nutritional yeast optional
- 8 corn tortillas
- 1 cup lettuce shredded
- yogurt optional
- cilantro optional
- jalapeño optional
- veggies optional
- pico de gallo optional
- avocado optional

Nutrition:

1. Calories: 390 calories
2. Carbohydrate: 45 grams
3. Cholesterol: 5 milligrams
4. Fat: 21 grams
5. Fiber: 9 grams
6. Protein: 11 grams
7. SaturatedFat: 3.5 grams

8. Sodium: 380 milligrams

9. Sugar: 7 grams

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